

## **Abstract**

**Title:** Case Study of the Physiotherapy Treatment of a Patient with the Diagnostis of a sprained ankle

**Objectives:** The main aim of this bachelor thesis is to present the theory, followed by a case study of the rehabilitation of a sprained ankle. The theoretical portion summarizes the findings and approaches of ankle injury treatment. The following section introduces a case study of a patient with a sprained ankle, specifically the application of the theoretical portion in practice, in the format of a case report.

**Methods:** This bachelor thesis is divided into two parts: general and special. The general part sums up the theoretical research conducted, referencing anatomy, kinesiology, biomechanic and traumatology of the ankle. The next part includes functional examination around the ankle and follow-up treatment and rehabilitation deemed appropriate after a sprained ankle. This special part of this thesis presents the case report of a patient in detail. This case report was conducted during professional practice at The Centre of Locomotive System Treatment (CLPA). It was conducted from the 15th of January to the 2nd of February in 2018 under the guidance of Mgr. Jakub Hoskovec. The case report proposed both a short-term and long-term treatment plan. Furthermore, the therapy process is described in detail, concluding in the final case report with the upshot assessment of each applied therapeutic modality.

**Results:** Defined aims were successfully achieved. We complied the theoretical findings of this area of expertise – specifically the therapy in special part was successful. In general, the functional condition of patient's injury was improved and subjective problems were minimized eg. swelling and the pain around the injury was reduced, the joint range was increased and the looseness of other minor leg joints was improved, it was observed that the patient felt more ankle stability while standing and walking. Muscle strength improved, a major progression from previously observed weakened muscles, and the tonus was reduced in hypertonic muscles.

**Keywords:** Distorsion, ankle, physiotherapy, case report, rehabilitation